

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**1. Stretching Capsule**



Lie on your side with the affected shoulder under you and your elbow at shoulder level.  
Lower your hand toward your feet until you feel a stretch at the back of your shoulder.  
Hold the stretch and relax.

Repetition: 3 Hold: 30 sec.

**2. Stretching Pect. Minor**



Stand beside a wall and place the forearm against the wall with elbow bent to 90 degrees.  
Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the anterior aspect of the shoulder.  
Maintain the position for 20 seconds then relax.  
Repeat 3 times.

Repetition: 3 Hold: 30 sec.

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**3. Supraspinatus Towel Stretch**



Place towel under armpit of affected shoulder. Grasp the involved hand behind your back and pull across your back slowly. Return to start position slowly.

Sets: 3 Repetition: 10 Hold: 10 sec.

**4. Assisted ROM Flexion**



Lie on your back with your knees bent.  
Hold a stick between each hand, straighten your arm and lift it overhead as high as you can by pushing on the stick with the other hand.  
Maintain the position and lower your arm slowly.

Sets: 3 Repetition: 15

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**5. Assisted ROM External rot.**



Lie on your back with knees bent and place each hand at either ends of the stick.

Keeping the affected elbow against the body at all times, move your hand away from the body and increase the mobility by pushing the hand with the stick.

Maintain the position, return to initial position and repeat.

Sets: 3 Repetition: 15

**6. Assisted ROM Abduction**



Stand and Hold a stick with both of your hands keeping your arms at your sides,

Pull the tip of your shoulder backwards and raise your arm to the side by using the unaffected arm to swing the stick upwards and sideways away from your body.

Slowly return to the starting position and repeat.

Sets: 3 Repetition: 15

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**7. Assisted ROM Flexion**



Stand facing a wall and place your hand on the wall.  
Slowly crawl your hand up the wall as high as possible.  
lower your arm slowly and repeat.

Sets: 2 Repetition: 10 Hold: 10 sec.

**8. Passive ROM Internal rot.**



Stand with affected arm behind back and each hand  
grabbing either end of the towel.  
Pull the tip of your shoulder backwards and lift your arm  
behind your back as high as you can by pulling the towel  
over shoulder with unaffected arm.  
Slowly return to initial position and repeat.  
Note: affected arm should not be doing any of the  
movement  
Hold: 2 sec  
Reps: 10  
2 X/ Day

Repetition: 3 Hold: 30 sec.

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**9. Strengthening Trapezius**

Lie on your stomach, face down with your arms overhead, elbows bent and thumbs pointing upward. Lift your elbows and hands off the surface while pulling your shoulder blades together and downward.



If you want to add

Sets: 2 Repetition: 10

**10. Strengthening Internal rot.**



Stand and tie elastic on the side of injured arm at elbow level.  
Hold the end of elastic and bend your elbow to 90 degrees.  
Tuck your chin-in and pull the tip of your shoulder backwards while you pull the elastic towards your belly. keep your chin-in and your elbow bent and against your body at all times.  
Slowly return to initial position and repeat.  
Put Towel in between body and elbow!

Sets: 3 Repetition: 15

Client: **Brett Woodley**

Notes:

<https://www.physiotec.org>  
User: hfunafru Pswd: afgijqtw

**11. Strengthening External rot.**



**\*\*Place a pillow between your body and your elbow.  
Move through comfortable range only.\*\***

Stand and tie elastic on the opposite side of injured arm at elbow level.

Hold the end of elastic and bend your elbow to 90 degrees.

Tuck your chin-in and pull the tip of your shoulder backwards while you pull the elastic out to the side by rotating your forearm out - don't go too far out

Slowly return (5 seconds) to initial position and repeat.

Sets: 3 Repetition: 15